

# SAVOURY CHOICES

*Add spice to life with these full flavoured herbs*

## Bay Leaf Tree

The Bay Leaf Tree (*Laurus nobilis*) is a hardy, slow growing evergreen tree. Bay trees are easily maintained to any desired size by pruning, so they make ideal and hardy pot specimens and are a traditional choice for shaping into topiary. Bay leaves add flavour to stews, stocks, soups, pickling brines, marinades, chicken and fish dishes. When using bay leaves, always remove them from the dish before serving. Bay leaves are also a component in a bouquet garni, which is a bundle of herbs used to flavor many dishes, including beef bourguignon and osso bucco. A basic bouquet garni can be made from 3 sprigs of Italian parsley, 2 sprigs of thyme and 1 bay leaf. Bunch together and tie off with kitchen grade string.



**Chef's Choice**  
Recipe

**HERB-ROASTED POTATOES**

1 Table spoon salt,  
1 Table fresh thyme leaves,  
1 Table fresh Chef's  
Choice rosemary leaves  
(chopped), 1 kg potatoes  
cut to desired size,  
1 1/2 Table olive oil, Freshly  
ground black pepper.

Preheat oven to 180°C. Place salt, thyme and rosemary in a mortar and pound with pestle until finely crushed, alternatively use a plastic or metal bowl and pound with the end of a rolling pin. Place potatoes in a large roasting pan and drizzle with oil. Sprinkle with salt and herb mixture and toss until potatoes are well coated. Season with pepper. Roast in preheated oven for 1hr or until golden brown and tender.

**Foliage For Flavour™**

See back of label for tasty recipes

**Rosemary Chef's Choice**

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## Rosemary Chef's Choice

Chef's Choice was selected for its highly aromatic flavour and is set to become the Rosemary of choice for the kitchen gardener. Chef's Choice has a mounded, spreading growth habit, growing to 1m high and wide. It is very hardy, thriving in sunny spots and is tolerant to frost, coastal conditions and drought, once established. Rosemary has a million and one uses, and will become an indispensable part of your kitchen garden. Puree some fresh rosemary with extra virgin olive oil to make a dipping sauce for crusty bread.